

Ready, Set, Walk!

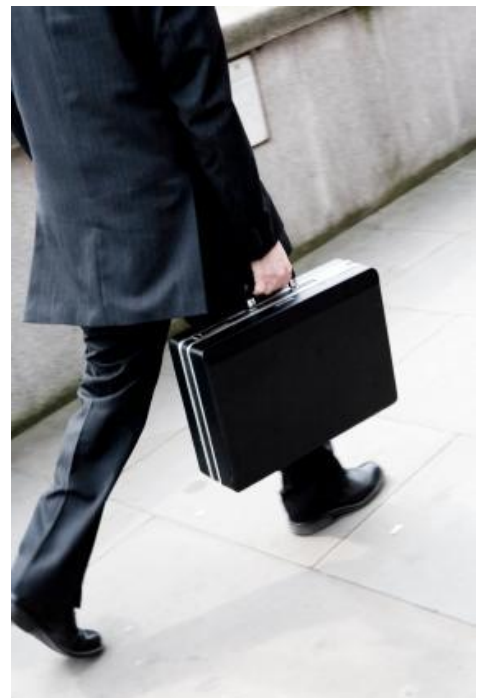


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Week 8: *Walk While at Work*

Working in an office with a set schedule and never ending emails is a sure-fire way to increase your stress levels. It also creates problems when trying to fit in an exercise routine into your busy day. Because we all know how important exercise is to our mental and physical well being, try a few of these tips to stay active during the work day:

- First off, can you walk to work? If so, start today!
- Get off the elevator a few floors early and take the stairs to your office.
- Try to hold meeting and brainstorming sessions while walking with your co-workers around the building. The movement and fresh air will keep your blood pumping, your brain ticking, and help everyone stay more alert.
- Set aside a few lunch hours each week to take care of your health. Head to the gym or take a 30-minute walk and finish your lunch at your desk.
- Finally, treat yourself like the most important client in your day. Schedule fitness appointments for yourself on your calendar and block off parts of your day to make sure you have time to manage your health. The healthier you are, the better equipped you will be to handle your daily work activities.



| Week Eight | Day 1 25 minutes | Day 2 30 minutes | Day 3 40 minutes | Day 4 30 minutes | Day 5 40 minutes | Day 6 30 minutes | Day 7 50 minutes |
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Protein: More is Not Necessarily Better

Additional protein is not needed just because you're physically active. Extra protein doesn't enhance performance or build more muscle. The only way to increase your muscular strength and size is through athletic training.

Most of us eat more than enough protein every day. But even when certain athletes do need slightly more protein, like endurance athletes and weight lifters, that amount is small and easily achieved through increased food choices within a well-balanced diet.

Protein Recommendations

For most of us who exercise 30 to 60 minutes daily, 0.5 to 0.75 grams of protein per pound of body weight is adequate. 125 pound woman = 62.5 to 93.75 grams daily. 190 pound man = 95 to 142.5 grams daily.

Endurance athletes need 0.6 to 0.7 grams of protein per pound of body weight and adults building muscle mass may need 0.7 to 0.8. 125 pound woman = 75 to 114 grams daily. 190 pound man = 100 to 152 grams daily.

Protein Sources

Make heart-smart protein choices. Choose lean red meats, low or reduced fat cheeses, and low fat milk. Remove poultry skin before cooking. Also, whole wheat grains provide more protein than white, refined versions.

- 1 egg = 7 grams
- ½ cup low fat cottage cheese = 14 grams
- 1 cup low fat or fat free milk = 8 grams
- ¼ cup reduced fat shredded cheddar cheese = 7-9 grams
- 1 cup low fat plain yogurt = 12 grams
- 3 ounces lean beef, pork, poultry or seafood = 20-30 grams
- 1 cup baked beans = 12-18 grams
- 2 slices whole wheat bread = 6-8 grams
- 1 cup whole wheat penne pasta = 7-14 grams
- ¼ cup nuts = 6-8 grams



Source: American Dietetic Association and American College of Sports Medicine

Visit www.INShapeIndiana.org for more online advice from
First Lady Cheri Daniels!



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